

THE 1350-1360 LINK

SPRING
2020
TENANT NEWSLETTER

Daylight Savings Time (DST) 2020

Starts on Sunday March 8th at 2:00AM and continues until Sunday November 1st at 2:00AM, an 8-month timespan. A common way to remember this time change is the phrase "March Forward and Fall Back". DST was initiated in the early 1900's for the purpose of conserving fuel by lowering the need for artificial light.

It was first used in Canada in 1908 in Thunder Bay, Ontario. Germany later adopted it in 1916 to conserve energy during World War I. Jumping ahead to today, when we evaluate the benefits, there is only a scant energy savings, as little as 0.5% savings. This given, the introduction of the energy-saving Led lighting and the regular use of timers for lighting, the energy savings from DST from lighting is almost non-existent.

Opponents to the practice of DST say the initial tiredness from losing an hour of sleep can contribute to an increase in road accidents and triggers a change in our bodies internal clock as our circadian rhythms are altered. However, businesses and people in general enjoy the benefits of a longer stretch of daylight. Given our long Montreal Winters, it would be hard to find someone who wouldn't appreciate some extra sunshine in their day.

Earth Hour

The time has come again where we do our part for the Earth. On March 28th we will be turning off lights in all the common areas of the building for one hour. From 8:30pm to 9:30pm.

Earth Hour continues to gain popularity, it also faces increasing criticism from those who are skeptical of the event's true environmental impact.

So just what is the environmental impact of everyone shutting off the lights for an hour you may ask?

Well some very impressive results according to Hydro One in Ontario. A savings of 202 megawatts, which can provide enough electricity to power the city of Bellevue, Ontario for a day!

Earth Hour helps to remind electricity consumers that small conservation acts can lead to large benefits, so let us continue to do our part.



Earth Day Activities in the Atrium (Food Court)

On Tuesday April 22nd, 1350-1360 René Lévesque Ouest will once again participate in Earth Day. Please join us in the Atrium (Food Court Area) for a variety of activities.

Once again, this year, we will be visited by Multi Recycle where they will provide us with a substantial amount of information that can help us be better recyclers, therefore do better for our Earth.

As well this year, we will be continuing our celebration of our 2019 Gold certification Leadership in Energy and Environmental Design (LEED) Canada for 1350-1360 René-Lévesque. Be on the lookout for our new decals!

We will be celebrating our BOMA Quebec BOMA Best certification. BOMA is an association that evaluates the energy performance and sound environmental management in different buildings. More than 2740 buildings are certified in Canada, 410 of them in Québec. We are proud to be a BOMA Best Gold certified building for 2019.

In getting ready for our Spring activities and guests (our busy bees), Alvéole will be here to inform us on the incredible job our bees do every year. It is incredible how hard they work to give us great tasting honey every year.

REM Work: Train Schedules and Tunnel Closure



The Mount Royal tunnel will be closed on March 30, 2020. Until then, trains on the exo5 Mascouche and exo6 Deux-Montagne lines will run according to their regular schedules:

- <https://exo.quebec/en/customer-service/rem>

Check this link to explore **alternate routes available after March 30, 2020:**

- <https://mobilitymontreal.gouv.qc.ca/mitigation-measures/rem/>



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